



The Janet Henderson Memorial  
 Eastern Regional Meet #1  
 Hosted by:  
**Kingston Striders Speed Skating Club**  
 Kingston, Ontario



**REGISTRATION FORM**

**Name #1** \_\_\_\_\_

Date of Birth: \_\_\_\_\_ mm/dd/yy      Age Class: \_\_\_\_\_      Gender:     Female       Male

400m or 500m       400m (100m track)  
 Seed Time: \_\_\_\_\_       500m (111m track)      Helmet #: \_\_\_\_\_  
 (new racers only)

**Name #2** \_\_\_\_\_

Date of Birth: \_\_\_\_\_ mm/dd/yy      Age Class: \_\_\_\_\_      Gender:     Female       Male

400m or 500m       400m (100m track)  
 Seed Time: \_\_\_\_\_       500m (111m track)      Helmet #: \_\_\_\_\_  
 (new racers only)

**Name #3** \_\_\_\_\_

Date of Birth: \_\_\_\_\_ mm/dd/yy      Age Class: \_\_\_\_\_      Gender:     Female       Male

400m or 500m       400m (100m track)  
 Seed Time: \_\_\_\_\_       500m (111m track)      Helmet #: \_\_\_\_\_  
 (new racers only)

**Name #4** \_\_\_\_\_

Date of Birth: \_\_\_\_\_ mm/dd/yy      Age Class: \_\_\_\_\_      Gender:     Female       Male

400m or 500m       400m (100m track)  
 Seed Time: \_\_\_\_\_       500m (111m track)      Helmet #: \_\_\_\_\_  
 (new racers only)

Club: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

City: \_\_\_\_\_ Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_

**MANDATORY EQUIPMENT:**

All competitors must adhere to Speed Skating Canada regulation D3-100 in the SSC Red Book.

<http://www.speedskating.ca/events/rules>

**ENTRY DEADLINE:** Wednesday, November 8, 2017.

**WAIVER (Age 18 and older) and ASSUMPTION OF RISK (Under age 18):**

See next pages. Complete the appropriate form.

**ONTARIO SPEED SKATING ASSOCIATION - INFORMED CONSENT AND ASSUMPTION OF RISK AGREEMENT**  
*(FOR THOSE UNDER THE AGE OF MAJORITY)*

**WARNING! By signing this document you will waive certain legal rights, including the right to sue in circumstances outlined in this Agreement. Please read carefully.**

Participant's Name: \_\_\_\_\_ Date: \_\_\_\_\_

1. This is a binding legal agreement; therefore clarify any questions or concerns **before** signing. As a Participant in the sport of speed skating and the training, travel, programs, competitions and activities of the Organization, the undersigned, being the Participant and the Parent/Guardian of the Participant (collectively the "Parties") acknowledges and agrees to the following terms:

**Disclaimer**

2. Ontario Speed Skating Association and its directors, officers, committee members, members, employees, volunteers, participants, agents and representatives (collectively the "Organization") are not responsible for any injury, personal injury, damage, property damage, expense, loss of income or loss of any kind suffered by a Participant during, or as a result of, the sport of speed skating and any program, activity or event of the Organization, caused by the risks, dangers and hazards associated with the sport of speed skating, or any program, training, activity or event of the Organization.

*We have read and agree to be bound by paragraphs 1 and 2.*

**Description of Risks**

3. The Participant is participating voluntarily in the sport of speed skating, or any program, training, activity or event of the Organization. In consideration of my participation, the Parties hereby acknowledge that they are aware of the risks, dangers and hazards and may be exposed to such risks, dangers and hazards. The risks, dangers and hazards include, but are not limited to, injuries from:
  - a) The sport of speed skating;
  - b) The "Speed Cable", a form of equipment which propels the Participant to high speeds.
  - c) Executing strenuous and demanding physical techniques and/or exerting and stretching various muscle groups;
  - d) Vigorous physical exertion, rapid movements, quick turns and stops, and strenuous cardiovascular workouts;
  - e) Dryland training including weights, running, and massage;
  - f) Variations in ice surface;
  - g) Falling, tumbling or hitting any ice, boards, mats, ground, surface, concrete, track or other surfaces;
  - h) Contacting, colliding or being struck by other individuals or equipment;
  - i) Failure to properly use any equipment, the mechanical failure of any piece of equipment or inadequate safety equipment;
  - j) Failing to participate within one's abilities and within designated areas;
  - k) Extreme weather and temperature conditions which may result in dehydration, heatstroke, sunstroke or hypothermia;
  - l) Spinal cord injuries which may render me permanently paralyzed; and/or
  - m) Travel to and from competitive events and associated non-competitive events which are an integral part of the Organization's activities.
4. Furthermore, I am aware that injuries sustained can be severe including, but not limited to, an increased load on the heart, dizziness, heart attack, bone and muscular skeletal injury, paralysis, and/or death.

**Release of Liability**

5. In consideration of the Organization allowing the Participant to participate, the Parties agree:
  - a) That the Participant's physical condition has been verified by a medical doctor to participant;
  - b) To freely accept and fully assume all such risks, dangers and hazards and possibility of personal injury, death, property damage, expense and related loss, including loss of income, resulting from the sport of speed skating, or any program, training, activity or event of the Organization;
  - c) To forever release the Organization from any and all liability for any and all claims, demands, actions and costs that might arise out of the Participant's participation the sport of speed skating, or any program, training, activity or event of the Organization, or from any breach of contract.

*We have read and agree to be bound by paragraphs 3 -5.*

**Acknowledgement**

6. The Parties acknowledge that they have read this agreement and understand it, that they have executed this agreement voluntarily, and that this Agreement is to be binding upon themselves, their heirs, executors, administrators and representatives.

\_\_\_\_\_  
Printed Name of Participant

\_\_\_\_\_  
Signature of Participant

\_\_\_\_\_  
Date of Birth

\_\_\_\_\_  
Printed Name of Parent or Guardian

\_\_\_\_\_  
Signature of Parent or Guardian

\_\_\_\_\_  
Date

**ONTARIO SPEED SKATING ASSOCIATION  
RELEASE OF LIABILITY, WAIVER OF CLAIMS AND INDEMNITY AGREEMENT  
(FOR THOSE 18 YEARS OF AGE AND OLDER)**

**WARNING!**

**By signing this document you will waive certain legal rights, including the right to sue. Please read carefully.**

1. This is a binding legal agreement; therefore clarify any questions or concerns before signing. As a Participant in the sport of speed skating and/or the events, programs, races and activities organized, operated conducted and/or sanctioned by Ontario Speed Skating Association, the undersigned acknowledges and agrees to the following terms:

**Disclaimer**

2. Ontario Speed Skating Association and its directors, officers, committee members, members, employees, volunteers, participants, agents and representatives (collectively the "Organization") are not responsible for any injury, personal injury, damage, property damage, expense, loss of income or loss of any kind suffered by a Participant during, or as a result of, the sport of speed skating and any program, activity or event of the Organization, caused in any manner whatsoever including, but not limited to, the negligence of the Organization.

*I have read and agree to be bound by paragraphs 1 and 2.*

**Description of Risks**

3. I am participating voluntarily in the sport of speed skating and the training, activities, events and programs of the Organization. In consideration of my participation, I hereby acknowledge that I am aware of the risks, dangers and hazards associated with or related to the sport of speed skating and the training, programs, activities and events of the Organization. The risks, dangers and hazards include, but are not limited to, injuries from:
  - a) The sport of speed skating;
  - b) The "Speed Cable", a form of equipment which propels the Participant to high speeds.
  - c) Executing strenuous and demanding physical techniques and/or exerting and stretching various muscle groups;
  - d) Vigorous physical exertion, rapid movements, quick turns and stops, and strenuous cardiovascular workouts;
  - e) Dryland training including weights, running, and massage;
  - f) Variations in ice surface;
  - g) Falling, tumbling or hitting any ice, boards, mats, ground, surface, concrete, track or other surfaces;
  - h) Contacting, colliding or being struck by other individuals or equipment;
  - i) Failure to properly use any equipment, the mechanical failure of any piece of equipment or inadequate safety equipment;
  - j) Failing to participate within one's abilities and within designated areas;
  - k) Extreme weather and temperature conditions which may result in dehydration, heatstroke, sunstroke or hypothermia;
  - l) Spinal cord injuries which may render me permanently paralyzed; and/or
  - m) Travel to and from competitive events and associated non-competitive events which are an integral part of the Organization's activities.
4. Furthermore, I am aware that injuries sustained can be severe including, but not limited to, an increased load on the heart, dizziness, heart attack, bone and muscular skeletal injury, paralysis, and/or death.

**Release of Liability and Disclaimer**

5. In consideration of the Organization allowing me to participate, I agree:
  - a) That my physical condition has been verified by a medical doctor to participant;
  - b) The sole responsibility for the Participant's safety remains with the Participant;
  - c) To remove myself if I sense or observe any unusual hazard or unsafe condition; or feel unable or unfit to safely continue;
  - d) To ASSUME all risks arising out of, associated with or related to my participation;
  - e) To WAIVE any and all claims that I may have now or in the future against the Organization;
  - f) To freely ACCEPT AND FULLY ASSUME all such risks and possibility of personal injury, death, property damage, expense and related loss, including loss of income, resulting from my participation in the activities, events and programs of the Organization; and
  - g) To FOREVER RELEASE the Organization from any and all liability for any and all claims, demands, actions, damages (including direct, indirect, special and/or consequential), losses, actions, judgments, and costs (including legal fees) (collectively, the "Claims") which I may have or may in the future, that might arise out of, result from, or relate to my participation in the sport of speed skating, my presence at any venue, the events, activities or programs of the Organization, and/or my traveling to or from the events, activities or programs of the Organization, even though such Claims may have been caused by any manner whatsoever, including but not limited to, the negligence, gross negligence, negligent rescue, omissions, carelessness, breach of contract and/or breach of any statutory duty of care of the Organization.

*I have read and agree to be bound by paragraphs 3 -5.*

**Acknowledgement**

6. I acknowledge that I have read and understand this agreement, that I have executed this agreement voluntarily, and that this agreement is to be binding upon myself, my heirs, spouse, children, parents, guardians, next of kin, executors, administrators and legal or personal representatives.

\_\_\_\_\_  
Name of Participant (Please Print)

\_\_\_\_\_  
Signature of Participant

\_\_\_\_\_  
Date